

# Bayswater Bulletin

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## Welcome to the 2006/07 season



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### Upcoming Events

- ◆ 22nd October Box Hill Relay Competition

### Season Welcome

Welcome to all the returning athletes for the clubs 39<sup>th</sup> season, and also to all the new athletes that have signed up for the first time.

We realize that the first few weeks of the season are a bit hectic so for all you new athletes and parents if you have any concerns or need any directions don't be afraid to ask at the table Alex and Tracey will help.

Little Athletics is not in winning, but achieving your personal best when you do an event, the next time you do that event you try a little bit harder and that is when you get the chance to improve on the previous attempt. This is called a PB (personal best).

For those that were here last season, your PB's carry over except for new events, weight or Hurdle height changes. If you have not bettered last season's PB, but bettered your first result, you would get a Seasons Best (SB). For every three SB's you obtain, it will earn you a bonus PB point.

At the end of the season we have a Presentation Day, where PB's are awarded for the following criteria. Bronze Medal would be after 15 PB's, Silver after 20 PB's, and Gold after 25 PB'S.

We also have a 10 PB Certificate awarded upon obtaining your 10<sup>th</sup> PB for the season.

So we hope you all have a good season of Little Athletics for 2006/2007.

### Presidents Message

The President's message is not available with this newsletter. Unfortunately our Club President has been unwell and is on the mend. Hopefully next months newsletter, he will be able to add his message. We wish you all the best Dean.

### Another Generation

Another Generation of Bayswater athletes starts with us this season. U/7 **Adam Maggs** mother Sharyn is a former athlete from the early 1980's. Adam's Grandfather Ron Papst was elected as one of our Club's first Life Members back in 1984 after being on our Committee where he had served as President, Secretary, General Committee and Coach. His Grandmother Heather Papst was on our General Committee and was also our Assistant Team Manager for a few seasons. Adam's Uncles Adam and Stephen also competed for our club. The current Committee warmly welcomes their family back to Bayswater again.



U/7 Adam

## Result Tickets



Result ticket with  
a PB Sticker

At every event, you will be given a ticket with your results. This ticket is to be shown to the Team Manager for recording for end of season awards.

Your performance will also be checked for a Personal Best result or to see if Club Records are broken.

Place the ticket in the Result Booklet supplied from the Victorian Little Athletics Association and record the results at the back of this book. This will show how you have progressed throughout the season

Weekly PB results are also placed on our Club webpage under the "Season Diary" page from the Team Managers Report.



U/7 Kahlab  
Try-Out Day

## Athletes Birthdays

Alex Barton Smith 2<sup>nd</sup> Oct

David Thomas 8<sup>th</sup> Oct

Tom Richardson 23<sup>rd</sup> Oct

Any new athletes we might not have your details together yet so if we have missed you Birthday in the Newsletter HAPPY BIRTHDAY to you all.

## Relays

Relays are the first 'event' of the Little Athletics calendar and provide a rare opportunity for athletes to experience the comradeship of competing as a team and not as an individual.

For those athletes Under 9 and over, training is currently being conducted for the Relay Competition. If interested, please see:

[http://www.klac23.org.au/Training/coalting\\_relay.htm](http://www.klac23.org.au/Training/coalting_relay.htm)

or the Team Manager or Secretary for more information.

## Fundraising

Our main fundraising activities are the Tattslotto, Combined Raffle Day/Cake Stall, Chocolate Drive and Bunnings BBQ

For our Tattslotto fundraiser, it costs \$1 per week for your favourite number. If this number comes up as one of the Supplementary numbers on a Saturday night, you will win \$10. Please see our Committee Member, Stacey to select your number(s). Hurry the numbers are going quick.

Every team within the Knox Centre is allocated certain days for fund raising. Bayswater Bullets have been given the following day. Our Raffle Day and Cake Stall are on the 18<sup>th</sup> November 2006. More information on what is required will follow by memo when we get closer to these dates.

We will also be having a Chocolate Drive in November and a Bunnings BBQ, which will be held on the 11<sup>th</sup> of February 2007. More information will be supplied closer to the time.

The money received goes towards the cost of the Trophies for your children's end of season Presentation Day so please support these activities throughout the season.

## Notices & Memos

A plastic box with dividers will be on the Team Managers table. Each family will have a folder with their surnames on it. Those with two families will have two folders so each will not miss out on club information.

Please check this weekly for Notices, memos, newsletters and entry forms for Championships.

*"Weekly PB results  
are also placed on  
our club webpage"*

## Twilight BBQ



*U/10 Jessica*

Traditionally, on a Friday Twilight, the club runs a BBQ for the athletes, siblings and parents.

The first Twilight will be on Friday, 20th October. In your dividers there is a note for our twilight can you please have those filled out and hand them back to Alex or Tracey, so we can order enough sausages and hamburgers for the BBQ

Everything will be supplied, cooking starts from around 7:00pm to about 8:30pm. It's a great way to meet everyone in the club.

## Coaching/Training

The Knox Centre is very fortunate to have a large number of dedicated coaching staff who provide an excellent coaching service to Knox athletes from all clubs.

All Knox coach's are volunteers and donate their time and energy for the love of the sport and to assist athletes to be the best that they can be.

General T&F training commences in September and continues through to April the following year and is held on Monday & Wednesday nights from 5.00pm to 7.00pm.

For more information, please contact the Knox Centre Coaching Co-ordinator Steve Cowburn on 0419 301 412 or go to the Knox Centre website and click on "Coaching/Training" button for more details. Web: [www.klac23.org.au](http://www.klac23.org.au)



*U/10 Jorgia*

## Parent Duty Roster

Parents are required to do duty once every three weeks. This is a requirement with the Registration of your children.

A "Duty Roster" will be issued with contact details of other parents should you need to make a swap. Please inform the Team Manager of any swaps so we can mark it down on the Roster.

## Chief Official Duty

The Bayswater Bullets Club has again been assigned "Shot Put 2" for Chief Official Duty for this season.

The Chief Officials will be Rob Holdway and Stephen Egan who will be rotating the duty on a weekly basis.

## Canteen Duty

Each club within the Knox Centre is assigned a day to do Canteen Duty.

Our club has been rostered for Canteen Duty on Sat, 14th October 2006 and Sat 3<sup>rd</sup> Feb 2007

We find it best that those not on Parent duty, to take it in turns for an hour at a time. A timetable will be on the Team Managers Desk a few weeks before hand, to select your timeslot.

"The canteen roster requires 3 people on duty for the whole time the canteen is open" as per Knox Centre handbook.

**Anaconda Stores Pty Ltd**  
300 Canterbury Road,  
Bayswater, Vic 3153  
Ph: 8720 4050  
Fax: 8720 4040  
[www.anaconda.com.au](http://www.anaconda.com.au)

**Footprint Cards**  
144 Maroondah Hwy,  
Croydon, Vic 3136  
Ph: 8723 1555  
Fax: 8723 1666  
[www.footprintcards.com.au](http://www.footprintcards.com.au)

**Quest Knox**  
137 Mountain Highway,  
Wantirna, Vic 3152  
Ph. 9801 6044  
Fax. 9800 3550  
[www.questknox.com.au](http://www.questknox.com.au)

With thanks to the above companies who have supported Bayswater Bullets this season

*"Please remember  
to bring your  
Registration Patch  
every week"*



*U/7 Tom - 70m*

[We're on the Web!](#)

[www.bayswater.klac23.org.au](http://www.bayswater.klac23.org.au)

[bayswaterbullets@hotmail.com](mailto:bayswaterbullets@hotmail.com)



*Liam & Roxy at  
Bayswater South*

## Registration Patches

Please remember to bring your Registration Patch every week.

Any person that forgets their patch after the first month of joining will not obtain Centre Points for their event, even if they know their number.

The Event Recorder will write down "No Patch" on the result sheet next to their name. When the sheet goes to the Data Entry Operator, they will not assign points.

Replacement Registration Patches can be obtained in the office under the Grand Stand for \$1.00.

## Duty of Care

Little Athletics is not a babysitting service for Parents.

It is a requirement of the Centre for Parents/Carers to be in attendance, especially if their child is injured.

Committee Members of the Club have many jobs to do on a competition day, without the added inconvenience of waiting for a child's parent to collect them at the end of the day.

If arrangements have been made with another family, then that is OK, but please inform the Team Manager otherwise the Knox Centre may call an ambulance if your child is injured and you cannot be located

## For Sale - Runners

Size 6 "New Balance" Runners for sale. White with Black in good condition.

**\$35 or near offer.**

Please see Estera Pecsek or call 9738 0019 or 0425 756 243

## Kokoda Track

Jenny Thomas is on our committee and is also the U/7 Girls Co-ordinator and she is off on the Kokoda Track, so here is a brief outline of what she will be doing.

"I'm leaving on the 14<sup>th</sup> October and start my Trek on the 16<sup>th</sup> with my cousin Matt. The trek finishes on the 28<sup>th</sup> October and I fly into Cairns where Michael and the kids will be meeting me. My grandfather's name was Frank Sublet and his rank was Lieutenant Colonel. He belonged to the 2/16<sup>th</sup> Battalion. He published a book titled "Kokoda to the Sea" in 2000. This "adventure" is going to be completely different to anything that I have done before, but as I have told Zac and Annabelle, it is something that I need to do at this time of my life. Even though I am quite nervous about the trip, I know that it will be an amazing

## Athletes in Schools

On Wednesday 13th Sep, Bayswater Bullets Little Athletics Club hosted the very first 2006 VLAA "Athletics in Schools" program for the Knox Centre at Bayswater South Primary School, which was run by VLAA Development Officer Laura Nethercott who did an excellent job in conducting the program.

It turned out to be a very successful day, with the weather on our side and the children from Prep to Grade 4 enjoying themselves with all the athletic skill activities. Pictured to the left are new athletes U/10 Liam Murray and U/10 Roxy Hankin during the program.

## 2006 Cross Country Season Championship Results

### VLAA State Cross Country Championships

30th July 2006 Hanging Rock, Woodend

G U/7	Jessica Thomson	1000m	26th	5 min 43.65 sec
G U/8	Annie Egan	1000m	4th	4 min 30.23 sec
G U/9	Emma Thomson	1500m	51st	7 min 37.19 sec
B U/10	David Thomson	1500m	17th	5 min 57.42 sec



### Knox Centre Cross Country Championships

5th August 2005 Norton's Park

G U/7	Jessica Thomson	1000m	<b>3rd</b>	5 min 21.24 sec
B U/7	Nathan Goodger	1000m	4th	5 min 58.90 sec
G U/8	Annie Egan	1000m	<b>1st</b>	4 min 10.93 sec
G U/8	Erin Holdway	1000m	10th	5 min 50.11 sec
G U/9	Emma Thomson	1500m	<b>3rd</b>	7 min 48.24 sec
B U/9	David Thomson	1500m	<b>3rd</b>	6 min 13.18 sec
B U/13	Josh Holdway	3000m	6th	14 min 52.93 sec



*Nathan & Erin*



### 2006 Knox Centre Cross Country Presentation Award Winners St Josephs Hall - 5<sup>th</sup> August 2006

"Best in Age - Girls U/8" Annie Egan

"Best in Age - Boys U/10" David Thomson

Bayswater Bullets came second in the Max J.White Club Shield (was 10<sup>th</sup> last season)

Knox Cross Country Championship winners were also presented with their medals

Dress up theme for night: "Space"

## 2006 Bayswater Bullets Cross Country Season Awards 5<sup>th</sup> August 2006, Nortons Park

Age Group	Award	Winners
Girls Under 6	Top Achiever	Ashlee Dean
Girls Under 7	Top Achiever	Jessica Thomson
Boys Under 7	Top Achiever Runner Up	Nathan Goodger Thomas Elliott
Girls Under 8	Top Achiever Runner Up	Annie Egan Erin Holdway
Girls Under 9	Top Achiever	Emma Thomson
Girls Under 10	Top Achiever	Claire Elliott
Boys Under 10	Top Achiever	David Thomson
Boys Under 11	Top Achiever	Matija Pecek
Girls Under 12	Top Achiever	Deborah Elliott
Boys Under 14	Top Achiever	Josh Holdway

Also to run this season was U/14 Sharnee Griffiths

**2006 Bayswater Bullets Best Overall Cross Country Girl** Annie Egan

**2006 Bayswater Bullets Best Overall Cross Country Boy** David Thomson



### Bayswater Bullets Cross Country Presentation Day

President Dean-Barton-Smith with David, Annie,  
Jessica, Emma, Nathan, Erin & Josh